

#### ABSTRACT OF THE DISCLOSURE

A shoe includes a rear sole support for receiving a replaceable rear sole to provide longer wear. The shoe may also include a flexible plate supported by the rear sole support between the heel and the rear sole to reduce midsole compression and provide additional spring. A mounting member secures the rear sole to the rear sole support, and a locking member prevents rotation of the rear sole relative to the rear sole support during use. The replaceable rear sole and the flexible plate allow the shoe to be adapted to different desired performance characteristics depending upon the intended activity and terrain or playing surface.